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ABSTRACT

This student guide for a program concerned with how young children acquire their food likes and dislikes, their feelings about food, and their patterns of eating, discusses how parents can help their children develop good nutrition habits and provides some basic nutrition information for the whole family. Designed around a magazine format to allow maximum flexibility to different groups using the materials, the guide is divided into seven sections: (1) an overview of the theme and contents; (2) a summary of the major learnings of the theme; (3) feature articles containing the major content and including practical suggestions for parents; (4) a film review section which includes a synopsis of the accompanying film program and a related discussion question; (5) three activities aimed at both individual and group participation; (6) a selection of field activities, discussion questions, and research topics designed to reinforce the ideas presented in the articles and meet the needs of a wide variety of classroom groups; and (7) a bibliography for further reading on the theme. (Author/SS)

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NUTRITION:

IT'S HABIT-FORMING

ED169935

What's Cookin'?

Student Guide

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footsteps

A world to be born under your footsteps...
St.-John Perse

ED169935

FROM THE EDITORS

Most of us today are aware of the importance of good nutrition — especially for young children. We know that what we eat affects our physical, emotional, and mental development. We know that many present-day health problems are the result of poor eating patterns.

But food habits don't just happen. They are learned. This booklet is about how young children acquire their food likes and dislikes, their feelings about food, and their patterns of eating. It discusses how parents can help their children develop good nutrition habits, and provides some basic nutrition information to ensure a healthier life for both you and your children.

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THE BIG IDEAS

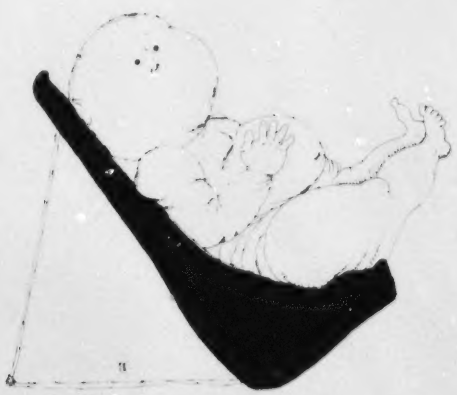
The attitudes toward food that are formed in childhood are apt to last all through life.

Using food as a reward or punishment, or insisting that children eat everything on their plates, can cause poor attitudes toward food.

Offering a variety of good foods in a pleasant atmosphere encourages good nutrition habits.

HOW'S YOUR NUTRITION IQ?

	True	or	False
1. A fat baby is a healthy baby.	☐		☐
2. Young children should take vitamin pills to be sure they get all the nutrients they need.	☐		☐
3. Snacking is bad for children.	☐		☐
4. Children need at least two servings of meat each day.	☐		☐
5. There are some foods that children have to learn to like, because they are the only source of certain nutrients.	☐		☐



AN AFTERNOON WITH DR. EATWELL

All parents want their children to eat well. But making Larry eat his peas or Tanya drink her milk is not enough to ensure good nutrition. In fact, "making" children eat foods they don't like can backfire and produce poor eating habits.

Parents have to look at more than what they give their children to eat. They have to pay attention to what they are teaching children about eating, for the attitudes toward food that children learn from their parents will influence what children eat for many years to come.

Parents, then, have a chance to ensure good nutrition for their children long after their children have grown up and left home. To show you how parents can take advantage of this opportunity, we have produced a television interview with an imaginary nutrition expert. Here is what we think Dr. Eatwell would have to say about the nutrition habit.

HOST: (brightly) Good afternoon, all you people out there in TV land. This is Dick Cavetty, your host on The Parent Show.

Today my guest is Dr. Eatwell, the well-known nutritionist. Dr. Eatwell has already answered many of your questions about children and nutrition in his weekly column, "Into the Mouths of Babes." I know you'll be eager to hear what Dr. Eatwell has to say today, because he's going to tell us exactly what parents should feed their children.

DR. EATWELL: Actually, Dick, that's not true.

You see, there is no one right way to feed children. As long as children get the nutrients they need, it doesn't matter what type of diet they follow. Ethnic foods, vegetarian diets and other common menus can all supply the nutrients children need to grow up strong and healthy.

HOST: (taken aback) Oh. You mean there aren't any rules parents should follow in feeding their children?

DR. EATWELL: No, I didn't say that. Of course there are some general guidelines. In the first place, parents should be aware that they are teaching their children eating habits and attitudes that, in most cases, will last a lifetime:

Nutrition habits — both good and bad — are formed in childhood.

They are taught by parents, and they are not easily changed in later years.

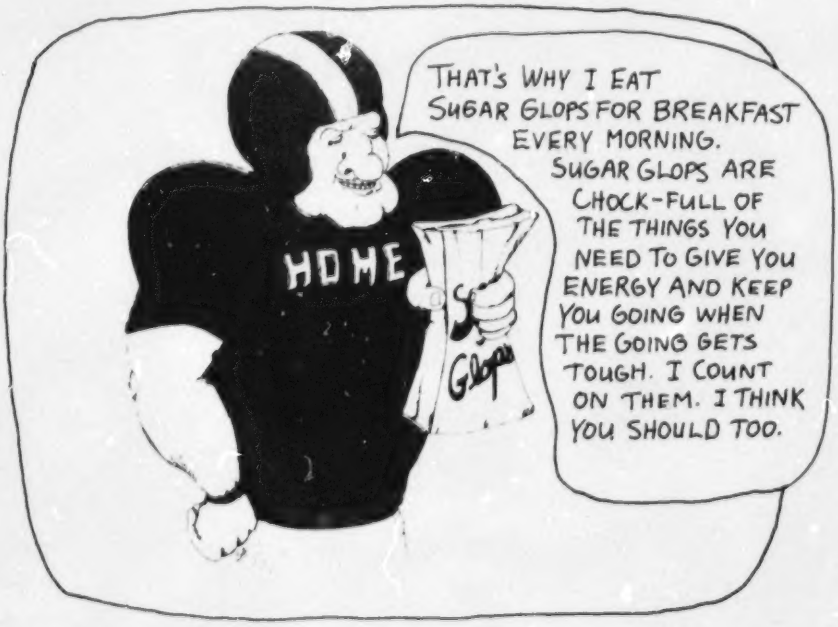
HOST: What do children learn from their parents about eating?

DR. EATWELL: First of all, in their early years children learn to like and dislike certain foods. For the most part, we develop a taste for what we eat. Eskimos learn to like raw fish. West Africans love peanuts and yams. And Mexicans depend on their beans and rice.

It's the same thing in our country. If children are given lots of fruits and vegetables when they're young, they'll grow up liking those foods. If, on the other hand, they get lots of soda pop and potato chips, that's problably what they'll continue to eat when they're older.

HOST: Speaking of sweets, it's time for us to hear from our sponsor. Don't go away. We'll be right back.

HI FOLKS. THIS IS BRIAN BRAWN. YOU KNOW, BEING A MAJOR LEAGUE FOOTBALL PLAYER CAN BE PRETTY HARD WORK. YOU HAVE TO KEEP YOURSELF IN TOP SHAPE, AND EAT THE KINDS OF FOODS THAT WILL KEEP YOU STRONG AND HEALTHY.
HOME


THAT'S WHY I EAT SUGAR GLOPS FOR BREAKFAST EVERY MORNING. SUGAR GLOPS ARE CHOCK-FULL OF THE THINGS YOU NEED TO GIVE YOU ENERGY AND KEEP YOU GOING WHEN THE GOING GETS TOUGH. I COUNT ON THEM. I THINK YOU SHOULD TOO.
HOME
Glops

DR. EATWELL: Now, that's a good example of one of the problems that parents face. Children today are bombarded with ads for food containing large amounts of sugar. Sugar-coated cereals. Candy. Soft drinks. Cakes and cookies. Television is always telling children why they should eat these "empty calorie" products.

For those members of the audience who don't know, by the way, an "EMPTY CALORIE" food is one that fills you up but doesn't supply any nutrients.

HOST: (visibly uncomfortable) — Our sponsor would just love to hear that. Why don't we talk about...

DR. EATWELL: (warming up to his subject) — And TV continues to do this — even though it's been proven that a high intake of sugar can lead to tooth decay, obesity, diabetes, and many other health problems.

HOST: (starting to panic) — Yes, well, as I was saying...

DR. EATWELL: — Did you know, for example, that 17 percent of all one-year-old children are overweight?

HOST: — No. No, I can't say that I did.

DR. EATWELL: — And did you know that 8 out of 10 of these overweight babies will grow up to be overweight adults? You see, once extra fat cells have been formed, it becomes very difficult to lose weight.

HOST: (shocked) — Oh, my. Really? That's terrible.

DR. EATWELL: — It is, isn't it. It's really sad that in spite of all our knowledge, there are still many health problems in this country that are directly related to poor diets. And most of these problems begin in early childhood.

HOST: — I guess we can definitely say that parents should never let their children have snacks.

DR. EATWELL: — No, we can't say that. Snacking has become a way of life in our country. In some families, snacks are even the basic pattern of eating.

But there's no reason why snacking has to mean poor nutrition. There's no law that says snacks have to be candy bars, soda pop and chocolate chip cookies. Snacks can just as easily be fruit, cheese and nuts. Pizza, peanut butter sandwiches, and milkshakes are other examples of tasty snacks that provide children with nutrients as well as calories.

HOST: — This is all very interesting. However, we have to take another break for a word from our sponsor. Please stay tuned.

POTATOES. YCCCH! I DON'T WANT THEM.
NOW, JERRY, WE'VE BEEN THROUGH THIS BEFORE. YOU HAVE TO EAT YOUR POTATOES IF YOU WANT TO GROW UP TO BE BIG AND STRONG.

BUT I HATE POTATOES. THEY MAKE ME SICK.
PLEASE, JERRY, EAT YOUR POTATOES LIKE A GOOD BOY. HERE, JUST EAT ONE SMALL POTATO. I'LL MASH IT UP AND PUT BUTTER ON IT. THEN YOU'LL LIKE IT.
NO, I WON'T! I HATE POTATOES. I WON'T EAT THEM. I WON'T, I WON'T, I WON'T!
PLEASE, JERRY, BE REASONABLE. LISTEN, I'LL MAKE A BARGAIN WITH YOU. IF YOU EAT YOUR POTATOES, I'LL TAKE YOU TO PIRATE'S PARK TOMORROW.
PIRATE'S PARK! OH, BOY! PROMISE? OK, I'LL EAT MY POTATOES.
PIRATE'S PARK. THE AMUSEMENT PARK THAT KIDS WILL DO ANYTHING TO GO SEE. JUST TEN MILES OUT OF TOWN ON ROUTE 13. TAKE YOUR KIDS TODAY
Pirate
Popcorn

HOST: (confidently) Well, that mother certainly was clever. Did you see how she got her little boy to eat his potatoes by promising him a reward? That was really a great idea, wasn't it?

DR. EATWELL: Actually, that was about the worst thing she could have done. By bribing her child to eat something he didn't like, that mother made eating an emotional rather than a nutritional issue. I wouldn't be at all surprised if that child started to use eating as a way to blackmail his parents into giving him what he wants:

Forcing children to eat things they don't like, or using food to reward or punish them, can create negative attitudes toward food.

HOST: (confused) But how else can you get children to eat things that are good for them?

DR. EATWELL: By offering children a variety of nutritious foods when they are young. In this way they will develop a taste for foods that provide a balance of nutrients. If children reject certain foods, that doesn't mean they're going to dislike them forever. All children go through stages where they don't want to eat certain foods, or want to eat the same foods all the time. That's perfectly normal.

And if children do develop a permanent dislike for some foods, so what? Don't we as adults have our likes and dislikes? There are plenty of other foods to fill children's nutritional needs. If Jerry really hates potatoes, he can get the carbohydrate he needs from breads and rice. If Susie hates meat, then milk, cheese, eggs and fish can supply her with protein. If a child hates spinach and broccoli, there are plenty of other good vegetables to choose from to get their vitamins and minerals.

Parents should also respect their children's appetites. Different children need different amounts of food. Even the same child may vary in the amount he or she needs at different times. As they grow, children's caloric needs change. Their bodies may require more food at some times, less at others. The worst thing for a parent to do is to become anxious about how much a child eats:

Poor eating habits are begun rather than ended when parents coax children to eat.

HOST: Well, then, Dr. Eatwell, are there certain things that parents of young children should keep in mind?

DR. EATWELL: (emphatically) Yes, indeed, there are. First of all, I'd say that:

Parents should be informed about nutrition.

There are many popular misconceptions about nutrition that have no basis at all in fact. For example, the ideas that a fat baby is a healthy baby, or that carrots make your hair curly, or that fish is brain food are nothing but myths. Parents who abide by such myths are only helping their children develop poor nutrition habits.

HOST: What about the notion that parents should give their children vitamin pills, because the more vitamins they get the better?

DR. EATWELL: Another myth. Actually:

Too much of a nutrient can be as harmful as too little.

Misconceptions like these are why it's important for parents to have basic information about food and nutrition.

Let me show you a chart from my latest book, *Food is My Bag*. This chart outlines the basic NUTRIENTS we all need to stay strong and healthy, and the foods in which they're contained. Although there are more than 50 nutrients needed by the body, the 9 listed on this slide are the most important. Since each nutrient can be obtained from many different foods, eating a variety of foods is the best approach.

Could we have that slide please?

THE BIG NINE

Nutrients	Functions	Food Sources
PROTEINS	• Build and repair tissues • Used to form enzymes and hormones • Help make blood and fight infection	Meat, fish, poultry, eggs, milk, milk products, peas, beans, and nuts
FATS	• Supply energy • Keep skin healthy • Carry vitamins	Butter, cream, margarine, oil, and fats
CARBOHYDRATES	• Supply energy • Help body use other nutrients	Breads, cereals, rice, pastas, some fruits and vegetables, peas and beans, sugar, jelly and honey
VITAMIN A	• Aids vision • Protects against night blindness • Helps keep skin healthy	Liver, eggs, dark green and yellow vegetables, deep yellow fruits, milk and milk products
B VITAMINS (B_1, B_2, Niacin)	• Help nervous system function • Help change food into energy • Promote appetite and digestion • Keep eyes, skin and mouth healthy	Pork, beef, fish, liver, breads and cereals, wheat germ, eggs, peas and beans, potatoes, green leafy vegetables, milk and milk products, peanuts
VITAMIN C	• Keeps gums healthy • Helps form material that holds cells together • Helps body fight infection	Citrus fruits, strawberries, melons, tomatoes, dark green vegetables, cauliflower, potatoes and cabbage
VITAMIN D	• Helps absorb calcium and phosporus from food and send it to the bones	Milk, liver, fish liver oils, eggs
CALCIUM	• Builds teeth and bones • Helps blood clot • Helps nerves and muscles function	Milk, cheese, other milk products, sardines, shellfish, and green leafy vegetables
IRON	• Combines with protein to form hemoglobin in blood	Liver, red meats, shellfish, eggs, peas and beans, green leafy vegetables, dried prunes, raisins and apricots, molasses, breads and cereals

DR. EATWELL: This is the kind of information all parents should be aware of. Sound nutrition knowledge like this can help parents choose a varied diet that will provide children with all the needed nutrients.

HOST: What else should parents do?

DR. EATWELL: Well, for one thing:

Parents can involve children in the preparation and selection of food.

When parents are preparing dinner, for example, they can say to children: "Now we need a vegetable. Should we have peas or carrots?" Then children can help wash and cook the vegetables. In this way, children can learn about foods and develop good attitudes toward them at the same time.

HOST: I never thought of that. Anything else?

DR. EATWELL: Yes, there's one more thing:

Parents should try to make mealtimes a pleasant experience.

Mealtimes can provide opportunities to discuss the day's events, to plan outings, or to learn new things. If mealtimes are relaxed and happy, children will begin to associate the nutritious foods you serve with good feelings.

HOST: Well, this has certainly been a most enjoyable and informative afternoon. I'm sorry to say, however, that our time is up. This is your host, Dick Cavetty, and my guest, Dr. Eatwell, saying — eat well, and stay well.

FILM
REVIEW
SECTION

What's Cookin'?

Laura Riley is preparing Sunday dinner for her husband, Hunter, and his brother Ned's family. Laura has planned a meal that is both nutritious and delicious. She is a bit nervous because Ned's family has pretty much limited their diet to meat, potatoes and sweets. Hunter makes a bet with Laura that Ned's children won't eat any of her vegetables. In defense of Laura, Hunter makes another bet with Ned that Ned will eat the vegetables.

At dinner, Ned's children try Laura's vegetables. They find that they like them the new way she's served them. Laura has won her bet with Hunter. Ned thinks he's also won his bet — until he helps himself to a second piece of Laura's gingerbread. Laura comments that he probably finds it so moist and tasty because it contains carrots and squash. Ned, too, has lost out to good nutrition.

DO YOU THINK THAT THIS EXPERIENCE WITH GOOD NUTRITION WILL CHANGE NED'S EATING HABITS? HIS CHILDREN'S? WHY OR WHY NOT?

ACTIVITY PAGES

activity #1
WHAT WOULD YOU SAY?

Following Dr. Eatwell's interview with Dick Cavetty, members of the home viewing audience were given a chance to call in and ask questions. Here are two questions that were asked. How do you think Dr. Eatwell answered them?

Good afternoon, Dr. Eatwell. My name is Mary Smith, and I have two young children — a 3-year-old and a 5-year-old. The 5-year-old has never given me any trouble about eating. She's got a good appetite and will try anything. My 3-year-old, though, eats like a bird. He doesn't eat much, and he's very fussy about what he eats. He refuses to eat eggs or peas at all, for example. What should I do?

?

Hi, Dr. Eatwell. It's nice to talk to you. I hope you can help me resolve a disagreement between my wife and me. My wife says we shouldn't feed our kids sweets. She thinks it's bad for them. I say that eating cake and candy is a part of being a kid, and that sweets won't hurt them when they're still young. Besides, I've found that promising kids candy is a good way to get them to do things they don't want to do. What do you think?

?

activity #2
A TASTEFUL EXPERIENCE

Think of the tasks involved in selecting, preparing, and serving meals — for example, washing vegetables, measuring liquids, and rolling dough:

List at least five ways young children could help out in the kitchen.

What could these tasks teach them about foods and nutrition?

What other things might children learn while doing these tasks — for example, about math or language?

activity #3
YOU GRADE THE PAPER

Dr. Eatwell just gave a Nutrition I.Q. test to one of the classes he teaches. Here's how one student responded. Grade his paper by putting an "X" next to incorrect answers, and indicating the total score at the top of the page.

Martie Blume
Name

Score

	True	False
1. Raw cauliflower is a good source of Vitamin C.		✓
2. Growing children can never get too many vitamins.	✓	
3. Vitamin A helps our blood clot.	✓	
4. Vegetarian diets are unsafe because you have to eat meat to get protein.		✓
5. All children need to eat the same amount of food.		✓
6. There are two "wonder foods" that supply all the nutrients we need: liver and milk.	✓	
7. If children get tired of toast and eggs for breakfast, a milkshake made with milk and a banana will supply the protein and carbohydrates they need.		✓
8. It's a good idea to cut out all fats from children's diets.		✓
9. There are some foods that children simply have to learn to eat, because they are the only source of certain nutrients.	✓	
10. An "empty calorie" food is one that has no calories.		✓

GRAB BAG

to do

1. Observe children in a nursery school or day care center eating their snack for lunch. Take notes on what the children are fed and what they eat from what is served:

   Are they served a variety of nutritious foods?
   Do they seem to like them? Report to the class on your findings.

2. Invite a dietitian or nutritionist to talk to your class about the nutritional needs of young children and some of the ways these needs can be met.
3. Arrange a visit to the kitchen of your school cafeteria, a hospital, or another institution. Talk to the people there about how they serve interesting and varied but balanced meals. Schools that serve lunch must serve what is called the Type A lunch, a nutritionally balanced meal. How do they do this and still compete with fast food places?
4. Spend one Saturday morning watching children's programs on TV. Keep a record of how many commercials there are, and what each commercial is trying to sell to children:

   How many of these commercials were for "empty calorie" foods?
   What techniques were used to make these foods attractive to children?
   How, as a parent, would you cope with these messages? Write up your findings.

5. Write and perform your own television commercials for foods that would appeal to children on the grounds of nutrition rather than sweetness, flavor, or what everyone else is eating.
6. Keep a diet diary for one week. Record everything you eat — both at meals and in-between.

   How regularly did you get the nine nutrients listed in the chart on page [illegible]?
   How often did you eat "empty calorie" foods?

7. Put together a cookbook for parents and children. Find some of the books about nutrition and cooking that have been written for children and parents. Look for recipes for foods that are easy and nutritious, but unusual and interesting. Include some recipes that young children can follow. Select your favorites, and combine them with your own illustrations in book form.

to discuss

1. Think about your own food likes and dislikes:

   How many of these do you think you learned from your parents? For example, do you dislike some of the same things your parents dislike? Do you eat the same things they do for breakfast?
   What does this tell you about how your eating habits will influence your own children?

2. Would you like to change your own eating habits?

   How?
   Have you ever tried?
   Was it easy or difficult?
   Why do you think this is so?

3. Where would you go for up-to-date information on nutrition? How would you use this information to make decisions about what and what not to feed your children?
4. Malnutrition, obesity, tooth decay, hypertension, diabetes and heart disease are just a few of the many diet-related health problems in our society. Why do you think these problems exist?

to research

1. The cost of good nutrition. Is it possible to feed a family nutritious and well-balanced meals on a low budget? How?
2. Food additives. For what different reasons are they added to foods? Are some additives better than others?
3. Find some children's books about food. How could you use these to teach children about food?
4. Foods in other countries. How do people in different cultures use the foods available to them to get the nutrients they need?

BOOK BROWSING

Here are some books that contain more information on...

...our basic nutritional needs

Food is More Than Just Something to Eat. U.S. Departments of Agriculture and Health, Education and Welfare. Order from: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (booklet)

Nutrition Education for Young Children. Department of Health, Education and Welfare. Order from: Superintendent of Documents, U.S. Government Printing Office, Washington, D.C. 20402 (booklet)

...cooking for and with children

Cooking Adventures for Kids. Sharon Cadwallader. Boston: Houghton-Mifflin, 1974. (paperback)

Cooking and Eating with Children — A Way to Learn. Washington, D.C.: Association for Childhood Education International, 1974. (booklet)

Creative Food Experiences for Children. Mary T. Goodwin and Gerry Pollin. Washington, D.C.: Center for Science in the Public Interest, 1974. (paperback)

Feed Me! I'm Yours. Vicki Lansky et al. New York: Bantam Books, 1974. (paperback)

Help! My Child Won't Eat Right. Antoinette Hatfield and Peggy Stanton. Washington, D.C.: Acropolis Books, 1974. (paperback)

You can also call your local Health Department or the Extension Service of the Department of Agriculture in your county for pamphlets and recipes.

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